

**KING COUNTY 4-H SUPER SATURDAY**  
**Saturday, October 30, 2004**

**Registration form, money and medical release form to:**

Lorinda Grant 5617 Hazel Loop SE Auburn, WA 98092-9434 253-939-9206 home

**Deadline for early bird registration:** Postmarked no later than **Oct 21, 2004**

**Early Bird Cost:** \$5.00 per person, \$8.00 per family .

**Walk-in Registration Cost:** \$10.00 per person, \$16.00 per family.

**Do not** mail registrations after October 21 (they must be processed on walk-in basis.)

A completed and legally signed medical release form must be returned with registration form in order to be considered registered. If medical release form is not received for each registrant, the registration will be returned to the sender. This requirement applies to youth AND adults. The form can be found online at [http://4-h.wsu.edu/ws4h/med\\_health.pdf](http://4-h.wsu.edu/ws4h/med_health.pdf)

**Registration AND CHECK IN: 8:15 – 9:15 a.m.**

**BRING -Old eyeglasses and old cellphones for donation.  
-Cookies to share**

Keep this page to bring with you on October 30. Map and directions are on other side.

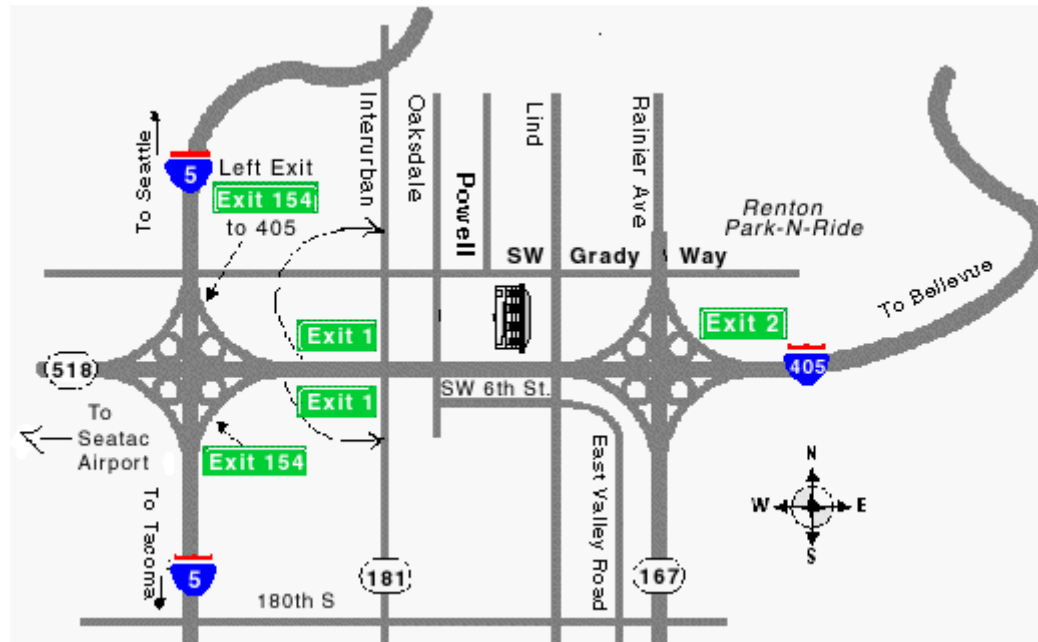
**4-H Leader Certification Classes are shaded & highlighted and are required for New Leaders within one year of becoming a leader or if you haven't taken the classes within the last 3 years.**

THANKS FOR ATTENDING SUPER SATURDAY. WE HOPE YOU LEARNED SOMETHING BENEFICIAL.

**Directions to:  
WSU King County Extension  
919 SW Grady Way, Suite 120, in Renton**

**Directions**

WSU King County Cooperative Extension is located at **919 SW Grady Way, Suite 120, in Renton**. Free parking is available. We are on the ground floor. Enter through the main doors at center of the building. Registration will take place in the main lobby area. To reach us by phone call 206-205-3152.



## 8:15 – 9:15 Registration and Check In

### SESSION 1:

### 9:30 – 10:30 a.m. CLASS DESCRIPTIONS

1A	White Sauce – And so Much More	Come earn how to make a basic white sauce. Then we'll use it as a base for other sauces and learn what they can be used for. Bring your apron and be prepared to cook. Limit of 20. Taught by Jim Olson.
1B	<b>4-H Volunteer Orientation Basics (Part 1)</b>	<i>Training in the 4-H goals, history, mission, life skills, curriculum, delivery modes, application, enrollment, leaders helps, expectations and opportunities. Continued in 2B – Must take both sessions 1B and 2B Taught by Sue Lerner and Elizabeth Tennison</i>
1C	Equine Fitting and Showing Primer	Everything you need to know about is in this required class for all 4-H members. Find out why this class is important, how to train your horse, handouts of practice exercises and sample patterns, an overview of the rules, and how to make it fun. If you have been successful in Fitting and Showing, please come and share your tips. Taught by Lori Fleming.
1D	Weeds!	Noxious? Obnoxious? Toxic? What do these terms mean and what is their impact on your animals and land. Learn how weeds affect your animals' health and wellbeing and reduce the productivity of pastures. Learn how to reduce or eliminate weeds and what resources are available. Taught by Extension Livestock Advisors.
1E	Quilts for babies	4-H/PICC Quiltathon continues! Help measure, cut, sandwich, sew and/or tie these small quilts together. They will benefit drug affected newborns and you! This is a great service learning/community service project in which to be involved.
1F	Poultry – Fitting and Showing	Bring your bird and practice fitting and showing with instruction by experienced 4-H members.
1G	Dog Beginning Showmanship	Practice fitting and showing with dogs provided by instructors. Workshop continues in Session 2.
1H	How to be a Good Cat Owner	Come learn about managing the home environment to keep your cat healthy and happy.

### SESSION 2: 10:40 – 11:40 a.m.

2A	Paper Piercing	Do you like the idea of quilting but are not sure about matching pieces? Basic introduction to quilting using the paper piercing method. Work on a paper pierced block, take home a sample and basic instructions. Need to know how to thread a needle and do a basic running stitch? Younger members will need an adult to help them. Class limit of 25. Taught by Floy Ziegler, Clothing Superintendent.
2B	<b>4-H Volunteer Orientation Basics (Part 2)</b>	<i>Continuation of 1B</i>
2C	Quilts for babies	4-H/PICC Quiltathon continues! Help measure, cut, sandwich, sew and/or tie these small quilts together. They will benefit drug affected newborns and you! This is a great service learning/community service project to be involved in.
2D	<b>Perfect Presentations</b>	Watch a public presentation and learn step-by-step how it was created. Review the evaluation sheet and learn what the judges look for. Learn visual aid ideas, note card tips and ideas on how to reduce stage fright. For youth and adults. Taught by Dianne Heath
2E	Hay Makes Fantastic Compost	Complete the cycle by using your animals to turn quality hay into quality compost for your pastures and gardens. Don't have animals but want composted manure? Learn what resources are available. Have more manure than you can use or want? Learn ways to manage the excess and possibly make some money in the process. Taught by Extension Livestock Advisors.
2F	Have Fun with Dirt!	Find out about soil and crop production in Washington! Youth and adults will learn by doing activities with different soils and how it effects crop production. Learn what crops we grow in our state. Limit 20 persons. Taught by Dr. Sonia Morales
2G	Dog Beginning Showmanship	Practice fitting and showing with dogs provided by instructors. Continuation of Session 1.
2H	Showing w/ Style - Horse Show Clothing On any Budget	A fashion show and tips for putting together a winning look for show season next spring. For parents and youth alike, and presented by the youth of Mounted Mischief 4-H Club.

**LUNCH: 11:40 - 12:50**

Served on site

Homemade Potato Soup &amp; roll \$1.00 Apples \$.25 Pop/water \$.50

The City Deli will be open and available for purchase of lunches. Please be on time for Session 3**SESSION 3: 12:50 – 1:50 p.m.**

3A	King County Sheriff K-9 Dogs	King County Deputy Sheriff Kasprzyk will be talking about selection, training and care of a police dog. Learn about law enforcement and jobs that dogs are involved in, such as customs, arson, bombs, airport security and agriculture. Then watch Sheriff Kasprzyk and his D-9 dog at work!
3B	Quilts for babies	4-H/PICC Quiltathon continues! Help measure, cut, sandwich, sew and/or tie these small quilts together. They will benefit drug affected newborns and you! This is a great service learning/community service project in which to be involved.
3C	The Moderate Breeds of Cats	Learn about the largest category of breeds, how to show them and which breeds fit this category.
3D	The Educated Horse Rider	Fast moving, high energy class-participants will leave wanting more! Focuses on required details to be successful contender in 4-H competitions. 1) Introduction of the Education Day Events: Judging-Hippology-Horse Bowl-Equine Presentation. 2) How to Ride a Pattern: the Elements and Why Some Exhibitors Seem To Win All The Time. Taught by Jenny Burrell.
3E	Winning Educational Posters	What makes a blue ribbon poster? Why does a spelling error = a red ribbon? Should I use a border? Can my poster go to State Fair? <u>Required workshop for anyone who will be judging Educational Posters.</u> Taught by Dianne Heath.
3F	<b>Treasurer's Book 2004</b>	<i>Washington State 4-H is implementing new Club Treasury guidelines including the requirement that each club submit annual records to the Extension Office. Workshop will cover guidelines-Annual Financial Summary-Peer Review-Annual Financial Statement to Extension Office.</i>
3G	Come and Make a Gingerbread Man	Learn the history of one of our most beloved treats. Make fun craft items to take home, shaped just like gingerbread men. We will finish class with a small tasty treat. (Please note this is not a cooking/baking class!) Children under eight must be accompanied by an adult/older member (they will share a project). All supplies provided. Limit: 24. Taught by Club Leader, Lorinda Grant
3H	Name That Part!	Fun and games while identifying parts of poultry. This is part of the Showmanship contest at Fair and other shows. If you've got a game that teaches poultry facts, bring it!

**SESSION 4: 2:00 – 3:00 p.m.**

4A	<b>Judging</b>	<i>Choices, Choices, Choices! Learn how to make choices, practice how to present those choices, put a judging class together and have some fun while you're at it! This is a 4-H Volunteer requirement, but older members are welcome, too. Taught by Elizabeth Tennison</i>
4B	MARDI GRAS – Music, Masks and Amazement!	"Mardi Gras" means "Fat Tuesday" in French and is called "Carnival" in other languages. Learn about the traditions behind the celebration of Mardi Gras. Make masks (which can be used for Halloween!) and several other crafts. Attendees will receive some of those ever popular beaded necklaces! Children under eight must be accompanied by an adult/older member (they will share a project). All supplies provided. Limit: 24. Taught by Club Leader, Lorinda Grant
4C	Basic Dog Obedience	Workshop for beginners. Instructor Maureen Arseneau will assist you in the basic commands of dog training and make working with your dog a pleasure.
4D	Juno	Learn how a blind person works with their dog. You will be blindfolded and lead around a short course by another person. There will also be handouts about blindness.
4E	A Lesson of Culture: International Food	Learn about a variety of healthy foods from Hispanic countries. Watch a demonstration of preparing traditional Salvadorean food. Limit: 20. Taught by Dr. Sonia Morales
4F	<b>Risk Management</b>	<i>Review all the issues concerning liability management: Insurance, child abuse and more. All the fun stuff the State program tells us we must know!</i>
4G	Dog Agility	What to expect in the KC Agility courses and what to practice. Come have your questions answered.
4H	Horse Project Resources	Find where to get the information you need to run a club and help your members succeed in the Horse Project. Rule books, manuals, guidelines, leaders, calendars, websites, and more. Bring and share your favorite resources and I'll share mine. Taught by Lori Fleming.

## WINTER 2004 4-H SUPER SATURDAY REGISTRATION

Parent's Name \_\_\_\_\_ Leader Name \_\_\_\_\_

Home Phone (     ) \_\_\_\_\_ Club \_\_\_\_\_

Medical release form must be included with registration for ALL attendees

**DEADLINE FOR EARLY BIRD DISCOUNT: Postmark NO LATER THAN Thursday Oct 21**  
**Limited Space classes will be filled in the order registrations are received.**

**Send Registration to: Lorinda Grant 5617 Hazel Loop SE Auburn, WA 98092-9434**

**Directions: Fill in 1st and 2nd Class Choices. If no 2nd choice is listed or if both choices are full, we will assign you to a class that has space.**

Early Bird Cost: \$5.00 per person, \$8.00 per family if postmarked by October 21.

Walk-in Registration Cost: \$10.00 per person, \$16.00 per family. Do not mail registrations after October 21 (they must be processed on walk-in basis.)

Volunteer Training Registration: Those taking required Volunteer Training classes attend free.

Name \_\_\_\_\_ Grade \_\_\_\_\_ or ADULT (Circle)

	9:30	10:40	12:50	2:00
1 <sup>st</sup> Choice				
2 <sup>nd</sup> Choice				

Name \_\_\_\_\_ Grade \_\_\_\_\_ or ADULT (Circle)

	9:30	10:40	12:50	2:00
1 <sup>st</sup> Choice				
2 <sup>nd</sup> Choice				

Name \_\_\_\_\_ Grade \_\_\_\_\_ or ADULT (Circle)

	9:30	10:40	12:50	2:00
1 <sup>st</sup> Choice				
2 <sup>nd</sup> Choice				

(list additional registrations on back of this page)

Please note: We ask that each adult be responsible for no more than 6 youth.

If you require special accommodation, call WSU Extension King County at (206) 205-3152 by Oct 21.

Name \_\_\_\_\_ Grade \_\_\_\_\_ or ADULT (Circle)

	9:30	10:40	12:50	2:00
1 <sup>st</sup> Choice				
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